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PART I

MUSCULAR DEVELOPMENT

by

KINETIC STRESS METHOD

THE SANDOW-LEWIS LIBRARY

VOLUME III

THE SANDOW-LEWIS LIBRARY

A SERIES OF EIGHT VOLUMES

PRESENTING

THE SANDOW-LEWIS KINETIC STRESS SYSTEM OF PHYSICAL TRAINING

VOLUME III

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Muscular Development by Kinetic Stress Method

PART ONE

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BY

The Master Physical Culturist and Manager-Trainer
of Ed "Strangler" Lewis, World's
Champion Wrestler

BILLY SANDOW

AND

ED "STRANGLER" LEWIS
World's Heavyweight Champion Wrestler

THE SANDOW-LEWIS LIBRARY

1. Fundamentals of Health, Muscular Development, Wrestling.
2. Essentials of Physical Development.
3. Muscular Development by Kinetic Stress Method. (Part One.)
4. Muscular Development by Kinetic Stress Method. (Part Two.)
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8. Wrestling. (Part Three.)

The Story of the Origin and Discovery of the Secrets

of

Kinetic Stress Training

BY BILLY SANDOW

This, the story of the origin and discovery of the secrets of KINETIC STRESS Training, is of necessity the story of my life-work and the life-work of Ed "Strangler" Lewis. For the history of this system is, in great part, the history of our years together. It was only shortly before I met Lewis for the first time that I had begun to put the principles of KINETIC STRESS Training into definite form as a system.

To be sure, I had long been using these principles in my work as a physical director, but not as a complete system. I knew the wonders that could be accomplished through this systematic training—my own development gave ample evidence of these. As a wrestling manager I realized that the final proof of my system could best be demonstrated by the development of a World's Champion who could hold his title against all competition in this, the most severe of all sports in its test of men. But until Lewis became associated with me and began his training under the KINETIC STRESS SYSTEM there had been no one with me who grasped at once, as Lewis did, the fact that easy as this system is, it is the embodiment of everything intended, by the laws of Nature, to make possible the rapid development of all the physical powers to lasting perfection.

How truly the SANDOW-LEWIS KINETIC STRESS SYSTEM of Training is united with natural laws is at once proved by the following facts regarding its origin.

You will agree that the early American Indian was, by all historical accounting, one of the most superbly developed examples of physical manhood ever known. Perhaps the finest expression of physical grace and power ever seen, not even excepting the heroic athletes of ancient Greece and Rome—such was the American Indian of centuries ago.

So, in tracing the origin of KINETIC STRESS Training, first credit goes to the Noble Redman—the first American! When I had observed and learned through long experience the need for a scientific system of training that would produce positive results I began to search exhaustively through all existing records of physical culture methods in both ancient and modern times, feeling that in the collection of all available information I would lay the ground-work for the working out of the **one perfect system.**

I was impressed from the outset in my research work by the repeated accounts paying tribute to the marvelous physique possessed by the early American Indian, and gradually centered my analysis upon and around that outstanding fact.

Here, I told myself, if it can be discovered, is hidden the real secret of physical development—of physical perfection! What, then, was the one thing above all others that could be responsible for that physical perfection in the early Redman? What form of muscular exertion, above all others, was habitual to the early Indian?

The answer was at once apparent. It was, of course, the use of the bow-and-arrow, habitual to the Indian from boyhood. It was immediately evident that the use of the bow must have concealed some special secret effect upon the muscles of arms, back, neck, chest, waist and shoulders, to produce the magnificent sinews and elasticity of movement possessed by the American Indian of long ago.

I studied the action of these muscles in the act of using the bow. Athletes and men from many walks of life posed for me with the bow-and-arrow. From this faithful portrayal of every tension and relaxation of the muscular play involved in the use of the bow I learned everything needed to confirm me in my belief that here at last was the final secret of physical perfection.

Ordinarily the Indian strove to be equally skilled in the use of the bow whether drawing it with the right or the left arm, this fact serving to account for the even, symmetrical development noted in his physique, especially as to neck, arms, back, chest, waist and shoulders. Scientifically considered, kinetic stress was exerted in the arm and shoulder muscles of the Indian as the arrow, againt the powerful pull of the bow, was drawn from arm's-length to ear. The drawing of the bow was not, relatively speaking, a quick, jerky movement, but a smooth, gradual one, as the tension of the bow on the rawhide thong was nearly equal to the power of the Indian's muscles.

As regards the chest, the muscles and depth shown in this were traceable directly to kinetic stress, for the tension included the lungs and chest muscles in the sense that arms and shoulders were the levers whereby the Indian applied power, the lungs and chest muscles being the actual "motor" supplying that power to the levers.

Evidently what was required was the improvement of this basic idea, the working out of a system which would involve the same muscular stress and interrupting relaxation. Thus sprang into being the famous SANDOW-LEWIS KINETIC STRESS SYSTEM, the fruit of long years of experience and study, of research work in museums of ancient history and in libraries where were preserved original accounts of the best physical culture methods employed by the athletes of antiquity, notably those of ancient Greece and Rome. So at last I had the reward of those years of patient study and toil—the completion of a system which **has never failed,** and the peerless product of which is Ed "Strangler" Lewis, World's Champion Wrestler. Of him Alfred W. McCann, nationally known expert, has written: "No finer type of athlete can be found. Lewis, the Flawless! Lewis a type; agile, alive, powerful with a beautiful body and wonderful legs. He in his physical greatness is indulgent to the faults of

lesser men. I have seen him fouled by excited wrestlers—under provocation he has winced for a second and then smiled broadly as though it didn't matter at all. Lewis is a man, not a beast. The crowd likes Lewis for his traits."

The SANDOW-LEWIS KINETIC STRESS SYSTEM makes its greatest appeal, I believe, through the fact that no great number of movements are required; no tremendous physical exertion is involved since no heavy weights or other antiquated equipment is made use of. So far as the basic exercises are concerned the appliances needed may be folded into a small space and packed in a traveling bag. In this connection it is pointed out that Ed "Strangler" Lewis trains for all his matches with these appliances in the SANDOW-LEWIS KINETIC STRESS SYSTEM, and is able to do so while traveling. A large amount of space not being required for the movements, they may be carried through from start to finish within the walls of the smallest room—taking as an example the average bathroom in any private home or hotel.

So embracing are the benefits from the SANDOW-LEWIS KINETIC STRESS SYSTEM that the weak are quickly developed into power and grace; the already strong into muscular marvels of symmetry. The exercises in this system are so arranged as to call into play every muscle, assuring harmonious, **proportioned** development in every part of the body. First, you are given exercises for strengthening the lungs and to teach proper breathing, thus laying the perfect foundation for the perfect structure—just as the architect is careful to insure that a foundation is sound and strong, we are careful to make certain that all the benefits to be had from KINETIC STRESS will be gained, **by making sure** that the body is put into the proper receptive condition through a well-directed method of basic health-building.

Few men know how to breathe properly—a fact which in itself is proof of the need for systematic training, since correct breathing is the first essential in health and physical development. However, breathing alone is but the beginning. THE SANDOW-LEWIS KINETIC STRESS SYSTEM is a finished and perfected system, with nothing lacking, yet only including what has been tried and proved in our long experience.

Years ago we could have revealed our secrets and placed our system upon the market, but we were gripped by a passion for positive perfection. We wanted to know, and to prove through countless tests upon athletes and upon men from various walks of life that this system was complete and perfect in every detail. And I am proud to say we have done so; we have proved and demonstrated it. We know it is head and shoulders above anything ever offered; it has no competition whatever. What other system could produce such a marvel as Ed "Strangler" Lewis—or maintain him in his dominating position as the leading athlete of the wrestling world for so long a time? What other system has so rigidly and finally proved itself to a critical and exacting nation and to the world at large? The answer, as you already know, can be given in one word—**none.**

THE SANDOW-LEWIS KINETIC STRESS SYSTEM throws about you the spell of fascination; after a short time you would feel that something was vitally lacking were you to pass up these exercises even for a single day. Your body, as quickly as the first movements awaken the sleeping powers of your physical being, begins to crave and hunger for these exercises each day. None of the requirements of the SANDOW-LEWIS KINETIC STRESS SYSTEM can inconvenience you—they merely add to your daily enjoyment of life.

Consider that it took years of struggle, of ambition determined to conquer all obstacles, of ceaseless work early and late. and always **study** to develop the SANDOW-LEWIS KINETIC STRESS SYSTEM, from the moment of discovery of the clue to its basic secret in the physical perfection of the early American Indian. It has cost us thousands of dollars to develop, but the result which we now present has been well worth all it has cost in money and effort. And your investment of but a few dollars —an investment in **yourself**—enables you to share in the rewards of our years of labor. Resolve to make your investment in this training what it can easily be—the most profitable investment of your lifetime.

The SANDOW LEWIS KINETIC STRESS SYSTEM has an amazing record of results, chief among them being the development of Ed "Strangler" Lewis and of my own physical powers and proportions. Today, at forty-four, I can admit that my physical development is justly the envy of younger men, and, as to men of my own age, I have often heard them express the thought that my tireless energy and symmetrical, powerful physique is at once a mystery and an inspiration to them.

Correct Strap-Holding Positions For Kinetic Stress Exercises

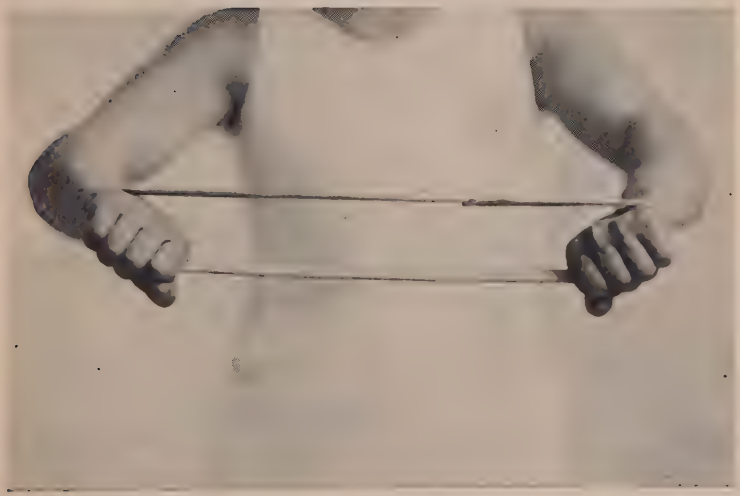
On the following page are two illustrations. The upper illustration is described as Position A. This is one of the two correct positions for holding the larger KINETIC STRESS STRAP. Get Position A firmly fixed in your mind, as it is used in a number of the exercises and it is highly important that the KINETIC STRESS STRAPS be properly held while you are exercising with them. Practice holding the Strap in this position and in Position B until you are thoroughly familiar with these two positions and can take them immediately as referred to in the following exercises.

STRAP-HOLDING Position B, shown in the lower illustration, is equally important and you should be careful to have the Strap exactly on the same line with the diaphragm as shown in this illustration, whenever you assume Position B, as called for in the following exercises.

Kinetic Stress Movements

Correct Position With Straps

Position A



Position B

Kinetic Stress Movements

Exercise No. 1

Illustration No. K-1

Standing erect, grasp the strap in the manner illustrated in Illustration No. K-1. Take deep breath and slowly bring arms to position shown in Illustration No. K-2, exhaling all the while and keeping the arms on a level with the shoulders and moving the head from right to left as the exercise is performed, allowing eyes to follow the movement through. Be sure there is no slack in the strap, but keep movement even and without jerks.

Kinetic Stress Movements

Exercise No. 1

Illustration No. K-2

After reaching position as shown above, inhale again and return to position K-1, exhaling all the while, keeping arms on a level with the shoulders through the movement, free and even without jerks. Let eyes follow the movement.

In this movement be sure not to bend at the waist. Make the upper part of the body perform the exercise.

This exercise develops the Supra spinous, Infra spinous and Teres minor muscles.

Kinetic Stress Movements

Exercise No. 2

Illustration No. K-3

Standing erect with feet together, grasp strap in position shown in Illustration No. K-3. Draw a deep breath, inhaling through the nose.

Kinetic Stress Movements

Exercise No. 2

Illustration No. K-4

Bring arms down with hands extended as far forward as possible, to position shown in Illustration No. K-4, exerting a steady pull, but without straining the arms. Perform this movement slowly and smoothly, at no time jerking. Exhale slowly through the nose while performing this movement.

After reaching position shown in above Illustration No. K-4, relax and return to first position.

Kinetic Stress Movements

Exercise No. 3

Illustration No. K 5

Take position with body bent slightly to the left, grasping strap in manner shown in above Illustration No. K-5. Now inhale deep breath through the nose and with a steady pull, free from jerks, raise arms slowly overhead to position shown in Illustration No. K-6. Allow the eyes to follow the movement of the right hand while performing this movement. Force the right hand as high as possible, at same time resisting with the left, and exhaling slowly throughout the movement.

Kinetic Stress Movements

Exercise No. 3

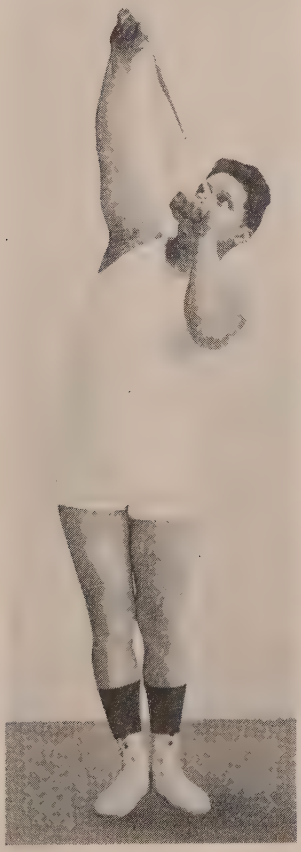
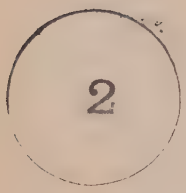


Illustration No. K-6

Upon reaching position shown in above Illustration No. K-6, take another deep breath and while slowly exhaling through the nose, return to position K-5. You can apply as much tension to the strap as you care to, always remembering not to strain. The natural development of the muscles will gauge the resistance for you.



Kinetic Stress Movements

Exercise No. 4

Take position as shown in Illustration No. K-7, grasping the strap as shown. Take deep breath and pull down with right hand, at the same time pushing up with the left. Now, push left arm slowly upward, without jerking, to position as shown in Illustration No. K-8. Exhale while going through the exercise.

After reaching position No. K-8, relax for a few seconds and then inhale and pull down with the right arm, at the same time pulling up with the left, until position No. K-7 is reached, exhaling all the while through the movement.

Kinetic Stress Movements

Exercise No. 4

Illustration No. K-7

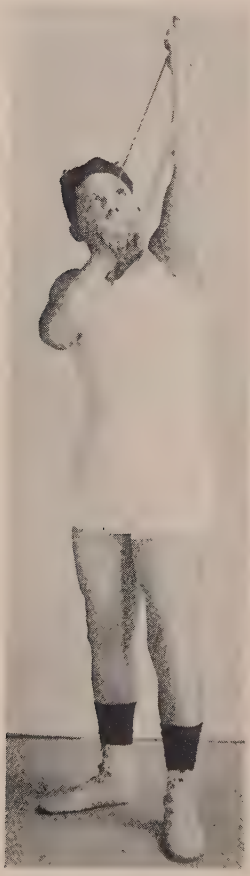


Illustration No. K-8

2

Kinetic Stress Movements

Exercise No. 5

Grasping strap in manner shown in Illustration No. K-9, take deep breath, pulling down with the left hand and pushing up with the right, slowly without jerking, until position No. K-10 is reached, exhaling all the while.

When you have reached position No. K-10, relax for a few seconds, inhale again and pull down with the left arm, pushing upward with right hand and go through movement slowly until position K-9 is reached, exhaling all the while. In going through this exercise allow the eyes to follow the movement of the right hand.

Kinetic Stress Movements

Exercise No. 5

Illustration No. K-9

Illustration No. K-10

Kinetic Stress Movements

Exercise No. 6

Illustration No. K-11

Grasping strap in Position B, as shown in Illustration No. K-11, take deep breath and while pulling on the strap, lower the arms to position as shown in Illustration No. K-12, exhaling all the while. While performing this exercise keep the shoulders back as far as possible.

Kinetic Stress Movements

Exercise No. 6

Illustration No. K-12

After reaching position No. K-12, inhale and raise the arms to position No. K-11. Go through these exercises slowly, but without jerks, and with just enough stress on the strap to keep it rigid.

Kinetic Stress Movements

Exercise No. 7

Illustration No. K-13

Grasping strap in the manner illustrated in K-13, with strap close to chest, take deep breath. Then while pulling outward with both hands, lower them to position as shown in Illustration No. K-14, exhaling slowly all the while.

Kinetic Stress Movements

Exercise No. 7

Illustration No. K-14

After reaching position K-14, relax a few seconds, inhale again and while pulling outward on the strap, raise hands slowly to position as shown in Illustration No. K-13. Be sure not to strain or perform these movements in a jerky manner. Be sure the arms are not extended too far forward in this exercise. Keep the strap close to the body.

Kinetic Stress Movements

Exercise No. 8

Illustration No. K-15

Grasp strap in the manner shown in Illustration No. K-15, take deep breath and pull outward on the strap, and while slowly exhaling, push arms straight in front to position as shown in Illustration No. K-16. Do not bend the body. Keep the hands on a level with the shoulders.

Kinetic Stress Movements

Exercise No. 8

Illustration No. K-16

While in the above position, with arms extended forward as far as possible, relax completely, then inhale again and return slowly, without jerks, drawing arms backward with a slight outward pull on the strap, to position K-15.

In bringing the arms forward be sure to allow the shoulders to come forward as far as possible before relaxing the muscles.

Kinetic Stress Movements

Exercise No. 9

Grasp small strap in the manner illustrated in No. K-17, inhale and while pulling down with the left hand, pull up with the right, bending arm at elbow, keeping arm close to body while performing this movement, exhaling all the while until position No. K-18 is reached.

In position No. K-18, inhale again and pull down with the left arm, upward with the right, until position K-17 is reached. Remember to exhale all the while.

Repeat the same two movements with the hands reversed, pulling down with the right hand and pulling up with the left. This exercise is for the muscles of the arm.

Kinetic Stress Movements

Exercise No. 9

Illustration No. K-17

Illustration No. K-18

Kinetic Stress Movements

Exercise No. 10

Illustration No. K-19

Standing erect with feet together and strap in Position A, arms behind the back, as in Illustration No. K-19, inhale and pull out slightly with the arms, slowly exhaling until position K-20 is reached. Keep body erect while going through this movement; do not bend at waist. Force the arms back as far as possible before relaxing.

Kinetic Stress Movements

Exercise No. 10

Illustration No. K-20

This exercise will develop the muscles of the back and shoulders and also chest muscles, and the movement should be performed slowly. At the end of each movement, momentarily relax and return to position K-19 and repeat.

Kinetic Stress Movements

Exercise No. 11

Illustration No. K 21

Take position as illustrated in K-21, with strap in Position A. Take deep breath, bend body as far as possible to the left, at the same time being careful not to pull too hard on the strap. From this position bend the body to position K-22, exhaling slowly.

Kinetic Stress Movements

Exercise No. 11

Illustration No. K-22

After reaching position K-22, momentarily relax. Then inhale and while slowly exhaling, with slight pull on the strap, bend body to K-21. This is a very good movement for the back and shoulder muscles.

Kinetic Stress Movements

Exercise No. 12

With strap in Position B, stand as illustrated in No. K-23, with the right arm resting on head, pull down slightly with left arm and bending to the left, raising body to position K-24. Take deep breath at beginning of this movement, slowly exhaling all the while, until last position is reached. Be careful not to bend forward too far. By allowing the arm to rest on the head, you can use it as leverage in pulling back to position K-24.

Reverse arm positions, resting left arm on head and pulling down with the right arm, going through the same movement as illustrated in K-23 and K-24. After taking deep breath, exhale while bending body to position K-24, excepting the arms reversed. This is a very good movement for side, spine and back.

This exercise develops the Rhomboideus and Levator scapulae muscles.

Kinetic Stress Movements

Exercise No. 12

Illustration No. K 23

Illustration No. K-24

Kinetic Stress Movements

Exercise No. 13

Illustration No. K-25

Standing erect with the strap in Position A, palms down, pull arms straight forward as far as possible with a slight pull on the strap. After inhaling, slowly drop to position shown in Illustration No. K-26, exhaling all the while.

Kinetic Stress Movements

Exercise No. 13

Illustration No. K-26.

While going through this exercise, be sure that the body above the hips is kept perfectly upright. Do not jerk on the strap, but perform slowly.

Kinetic Stress Movements

Exercise No. 14

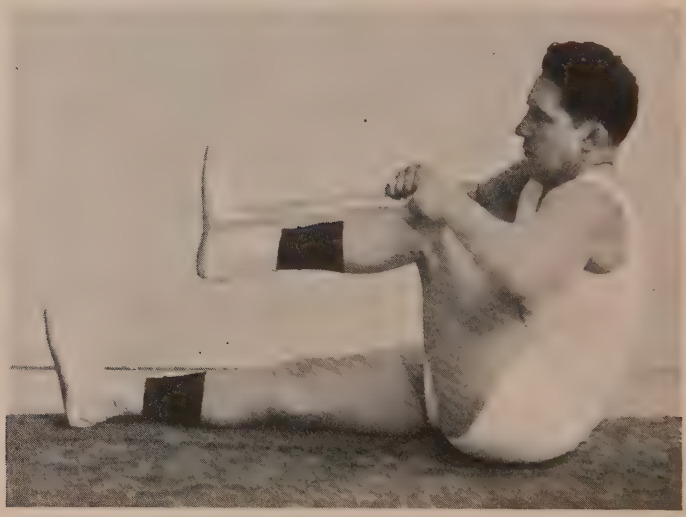


Illustration No. K 27

While sitting on the floor with strap grasped with both hands and around the arch of left foot, push leg forward to position as shown in Illustration No. K-28. While the leg is being forced forward, the body should be allowed to incline to the rear, so that the arms get most of the tension against the leg movement. Be sure to take deep breath before beginning movement, and exhale slowly while pushing forward.

Kinetic Stress Movement

Exercise No. 14

Illustration No. K-28

This is a very good developer for the legs, arms and back, and after going through the exercise two or three times, repeat by using the right leg.

Kinetic Stress Movement

Exercise No. 15

Illustration No. K-29

Using medium size strap, grasped with the right hand and under the arch of the left foot, while bending forward slightly, draw the leg as high as possible. Then push leg down to position No. K-30. Do this slowly but with energy. If more stress is desired than you get with just one hand, use both hands in grasping the strap. Remember to inhale at the start of the movement and slowly exhale while performing the exercise.

Kinetic Stress Movement

Exercise No. 15

Illustration No. K-30

After performing the exercise illustrated in K-29 and K-30, just described, repeat the same movement, but use the right leg.

Kinetic Stress Movements

Exercise No. 16

Illustration No. K-31

Standing erect, feet together, take position as illustrated in K-31, grasping strap as in Position B. Drawing deep breath, pull outward on the strap and bend at the waist until position K-32 is reached. Be sure to exhale while going through this movement. Relax and repeat.

Kinetic Stress Movements

Exercise No. 16

Illustration No. K-32

While doing this exercise, be sure to keep the knees rigid, and as you bend forward, push down and out with the hands. This is a very good all-around developer and should be taken very slowly at first.

Kinetic Stress Movements

Exercise No. 17

Illustration No. K-33

While sitting on floor in position as shown in Illustration No. K-33, with strap gripped firmly by both hands and under the arches of both feet, bend forward and pull arms as close to body as possible. Take deep breath, bend body back, push legs forward to position No. K-34 and exhale. This is also a very good all-'round body developer.

Kinetic Stress Movements

Exercise No. 17

Illustration No. K-34

This exercise will develop the muscles of the back. It brings into play the muscles used in rowing. It also effects the spine and acts as a tonic upon the central nervous system. Stretch forward as far as possible, then pull back, allowing your shoulders to come forward as far as possible. In addition to developing the back muscles, this exercise will build up the muscles of the arms and the leg muscles. This movement is almost a complete system of training in itself, if properly performed.

Kinetic Stress Movements

Exercise No. 18

Lie flat on the floor with the chest high and the back arched, grasping strap in the manner illustrated in K-35. Draw deep breath and slowly push arms straight up as high as possible, at the same time pulling outward on the strap, and be sure to exhale while going through this exercise.

After reaching the final position as shown in K-36, relax, inhale and return to position K-35, pulling on strap.

Kinetic Stress Movements

Exercise No. 18

Illustration No. K-35

Illustration No. K 36

Kinetic Stress Movements

Exercise No. 19

Illustration No. K-37

With feet placed wide apart, take deep breath, bending forward as far as possible, put left arm through legs, grasping strap in the manner illustrated in No. K-37, and bend body slowly to the right to position illustrated in K-38. Exhale and relax.

Kinetic Stress Movements

Exercise No. 19

Illustration No. K-38

When position K 38 has been reached, again draw a deep breath and reverse movement, bending body back to the right, exhaling all the while. Be sure to keep the arms straight. Let the shoulders do most of the work. Remember not to jerk or strain too much in going through this movement.

Kinetic Stress Movements

Exercise No. 20

Illustration No. K-39

Standing erect, feet together, arms high above head, grasp strap in the manner illustrated in K-39. After taking deep breath, bend body to the left as illustrated in K-40, then to the right, exhaling slowly. Do not bend body forward in this exercise, but keep it erect. If possible, bend backward slightly. Avoid strains.

Kinetic Stress Movements

Exercise No. 20

Illustration No. K-40

This is a very good movement for muscles of the shoulders and back. The arms should be kept rigid, and a firm grip kept on the strap with just enough stress to bring into play the muscles of the shoulders and back. After going through the movement relax and repeat. Be sure and keep the arms stretched overhead as high as possible.

Kinetic Stress Movements

Exercise No. 21

Illustration No. K-41

With feet together, adjust strap in Position A, as illustrated in K-41. Then raise body to position K-42, while bringing the arms as far up as possible. Care should be taken not to put too much stress on the arms while in this position.

Kinetic Stress Movements

Exercise No. 21

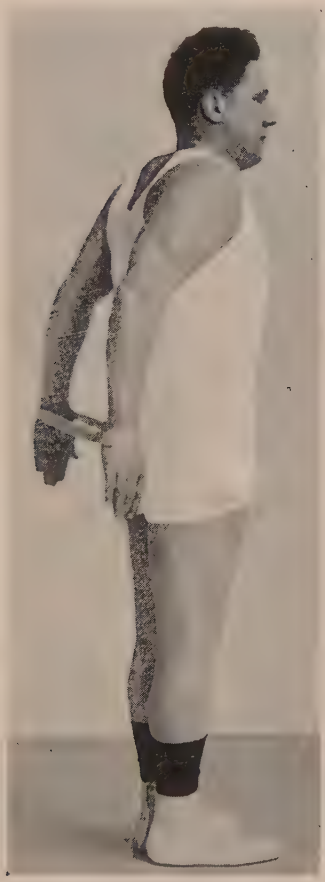


Illustration No. K-42

When reaching the standing position, K-42, bring arms back as far as possible, at the same time forcing the chest out as far as you can. Also raise the shoulders as high as possible. Then inhale and repeat. Take deep breath before going to K-42 and exhale slowly while changing from one position to the other.

Kinetic Stress Movements

Exercise No. 22

Illustration No. K-43

Standing erect, feet together, arms slightly raised with a firm grip on the strap as illustrated in K-43, bend arms at elbow and raise hands to position K-44, exhaling slowly all the while. This is a direct biceps developer.

Kinetic Stress Movements

Exercise No. 22

Illustration No. K-44

While going through this exercise, do not allow any slack in the strap, but keep it tightly stretched. On reaching position K-44, relax completely, inhale again and with outward pull on strap slowly return to position K-33, forcing the arms down. This exercise is for the triceps.

Kinetic Stress Movements

Exercise No. 23

Standing erect with feet slightly apart, grasp strap in the position shown in Illustration No. K-45. After taking deep breath, then, moving from the waist only, bend forward slowly to the right, then backward, then to the left, until a complete circle has been made. Keep pulling the strap while making the circle and after two complete circles have been made, relax for a few seconds and repeat in the opposite direction.

Remember at the beginning of this exercise to take a deep breath, and slowly exhale while going through the movement.

Kinetic Stress Movements

Exercise No. 23

Illustration No. K-45

Kinetic Stress Movements

Exercise No. 24

Illustration No. K-46

Standing erect, grasping medium size strap as illustrated in K-46, place strap against forehead and draw it back as far as possible as shown in K-46. Then bring the head forward until in a straight line with the body, at the same time pulling back on the head with the strap.

When head is in a straight line with the body, then bend slowly forward at waist as far as possible, continuing to pull on the strap until position K-47 has been reached.

Kinetic Stress Movements

Exercise No. 24

Illustration No. K-47

This particular movement is very good for the back and spine, and at the end of each movement the student should relax completely. Remember, before beginning this movement to take a deep breath and slowly exhale while going through the movement. Do not force too much at the start, as the muscles of the neck are easily strained.

Kinetic Stress Movements

Exercise No. 25

Illustration No. K-48

Standing erect, using medium size strap placed around head, grasp at the side with the right hand in the manner illustrated in K-48. Pull head to the right with the right arm, opposing with the neck, at the same time moving body at the waist slightly to the right, until position K-49 is reached. Remember to inhale before starting this movement and exhaling slowly through the exercise.

Kinetic Stress Movements

Exercise No. 25

Illustration No. K-49

This is a very good movement to develop the muscles in the neck, and after repeating two or three times, perform the same movement on the left side. Do not oppose too much at the start.

Kinetic Stress Movements

Exercise No. 26

Lie flat on the floor and adjust strap around ankles, as illustrated in K-50, keeping hands to the side, palms turned down, feet on floor.

From position K-50, raise both legs to position K-51, keeping knees straight while raising legs. Do not attempt to pull too hard against the strap, but at the same time put enough power into the movement to enable the group of leg muscles to get proper tension.

Inhale before raising the legs. Exhale slowly while raising the legs to K-51. Then quickly lower legs to original position. Relax and repeat movement.

Remember to keep the chest as high as possible while taking this exercise.

Kinetic Stress Movements

Exercise No. 26

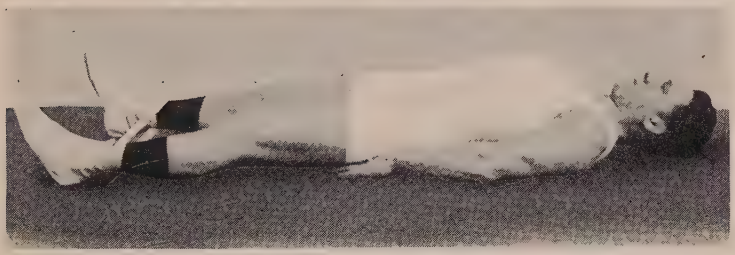
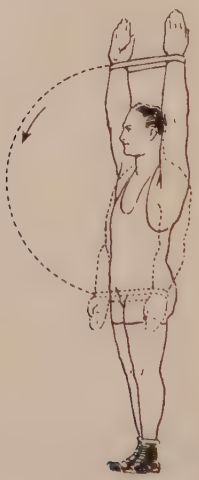


Illustration No. K 50

Illustration No. K-51

3

Kinetic Stress Breathing

While taking a deep breath bring the arms overhead to position as shown in the small figure below—Fig. KSB-1. The Strap-Holding Position is Position A, as described on Page 9 of this volume. With a slight outward pull on strap bring arms quickly to second position, as indicated by dotted lines. Perform this movement twice very quickly while holding the breath, then slowly exhale through the nose. Be sure to inhale deeply **before** pulling on the Strap. Do not attempt to inhale while pulling on the Strap. Be very careful not to strain.

Immediately after performing the above movements take two of the special breathing exercises described in Volume 2.